



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 03995, Babyfood, banana with mixed berries, strained**

Report Date: June 24, 2017 22:16 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 packet 99g
<b>Proximates</b>					
Water	g	76.68	--	--	75.91
Energy	kcal	92	--	--	91
Energy	kJ	385	--	--	381
Protein	g	1.01	--	--	1.00
Total lipid (fat)	g	0.36	--	--	0.36
Ash	g	0.65	--	--	0.64
Carbohydrate, by difference	g	21.31	--	--	21.10
Fiber, total dietary	g	1.0	--	--	1.0
Sugars, total	g	15.00	--	--	14.85
<b>Minerals</b>					
Calcium, Ca	mg	0	--	--	0
Iron, Fe	mg	0.00	--	--	0.00
Magnesium, Mg	mg	23	--	--	23
Phosphorus, P	mg	20	--	--	20
Potassium, K	mg	283	--	--	280
Sodium, Na	mg	0	--	--	0
Zinc, Zn	mg	0.23	--	--	0.23
Copper, Cu	mg	0.094	--	--	0.093
Manganese, Mn	mg	0.351	--	--	0.347
Selenium, Se	µg	0.8	--	--	0.8
Fluoride, F	µg	1.5	--	--	1.5
<b>Vitamins</b>					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 packet 99g
Vitamin C, total ascorbic acid	mg	18.2	--	--	18.0
Thiamin	mg	0.028	--	--	0.028
Riboflavin	mg	0.058	--	--	0.057
Niacin	mg	0.623	--	--	0.617
Pantothenic acid	mg	0.295	--	--	0.292
Vitamin B-6	mg	0.257	--	--	0.254
Folate, total	µg	20	--	--	20
Folic acid	µg	0	--	--	0
Folate, food	µg	20	--	--	20
Folate, DFE	µg	20	--	--	20
Choline, total	mg	8.9	--	--	8.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	3	--	--	3
Retinol	µg	0	--	--	0
Carotene, beta	µg	20	--	--	20
Carotene, alpha	µg	20	--	--	20
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	51	--	--	50
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	47	--	--	47
Vitamin E (alpha-tocopherol)	mg	0.37	--	--	0.37
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta	mg	0.01	--	--	0.01
Tocopherol, gamma	mg	0.34	--	--	0.34
Tocopherol, delta	mg	0.21	--	--	0.21
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	6.3	--	--	6.2
<b>Lipids</b>					
Fatty acids, total saturated	g	0.081	--	--	0.080
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 packet 99g
8:0	g	0.000	--	--	0.000
10:0	g	0.001	--	--	0.001
12:0	g	0.001	--	--	0.001
14:0	g	0.002	--	--	0.002
16:0	g	0.073	--	--	0.072
18:0	g	0.004	--	--	0.004
Fatty acids, total monounsaturated	g	0.036	--	--	0.036
16:1 undifferentiated	g	0.007	--	--	0.007
18:1 undifferentiated	g	0.028	--	--	0.028
20:1	g	0.001	--	--	0.001
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.123	--	--	0.122
18:2 undifferentiated	g	0.079	--	--	0.078
18:3 undifferentiated	g	0.044	--	--	0.044
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Phytosterols	mg	11	--	--	11
<b>Amino Acids</b>					
Tryptophan	g	0.006	--	--	0.006
Threonine	g	0.021	--	--	0.021
Isoleucine	g	0.021	--	--	0.021
Leucine	g	0.049	--	--	0.049
Lysine	g	0.034	--	--	0.034
Methionine	g	0.006	--	--	0.006
Cystine	g	0.007	--	--	0.007
Phenylalanine	g	0.035	--	--	0.035
Tyrosine	g	0.007	--	--	0.007
Valine	g	0.034	--	--	0.034

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 packet 99g
Arginine	g	0.036	--	--	0.036
Histidine	g	0.053	--	--	0.052
Alanine	g	0.029	--	--	0.029
Aspartic acid	g	0.088	--	--	0.087
Glutamic acid	g	0.110	--	--	0.109
Glycine	g	0.028	--	--	0.028
Proline	g	0.021	--	--	0.021
Serine	g	0.029	--	--	0.029
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0